

FAR INFRA-RED SAUNA

Introduction

The body's normal way of getting rid of toxins is to take them through a series of chemical or metabolic reactions in the body to make them easier to expel. Then it eliminates them into the lungs, stool, urine, breast milk and sweat. The most efficient of these detoxification pathways (used to get rid of toxic chemicals, including pesticides, heavy metals and hydrocarbon residues) is sweat. The sweat detoxification pathway is a drug-free and natural way of removing toxins from the body.

It has been known for decades that sweating is a life-saving aid, and a natural way to get rid of stored chemicals, including heavy metals. However, many people could never tolerate a sauna because of associated feelings such as weakness, accelerated heart rate, faintness, dizziness, panic, cramps, headaches etc.

Improved technology has led to the development of the far infrared sauna (FIRS). The FIRS uses heat energy that penetrates the deeper tissues, triggering the mobilization of chemicals from fat storage and into the blood stream, then finally the sweat. This activating penetration allows for a much lower overall temperature to be used, one that is very enjoyable and not contraindicated, even for heart patients.

Furthermore, Mayo Clinic studies show that the FIR sauna is superior to all saunas in terms of tolerance, safety and efficacy.

How do we know sauna's work?

There is no lack of data on this subject and numerous government, medical center and other studies throughout the world have shown the benefits of sauna. For example, fire fighters, toxic from the inhalation of burning plastic fumes (carcinogenic phthalates) have been detoxified using the heat and sweating saunas provide. Similarly, war veterans who were exposed to Agent Orange found that their mysterious joint pain, as well as other pain syndromes, disappeared after sauna treatments eliminated the toxic chemicals from their body.

In addition, workers accidentally contaminated through exposure to toxins in the work place (in occupations as diverse as electricians, farmers, mechanics and office workers) have had their lives saved as serious conditions (which conventional medicine was powerless to help) were reversed through the use of sauna. This is particularly important if your livelihood depends on an occupation that continually exposes you to toxins, as it means that you still have a chance of being able to tolerate the toxins safely, as long as you are getting rid of the chemicals faster than you are accumulating them.

How does the Infrared Sauna work?

The spectrum of energy from the sun is classified according to the length of the waves. The shortest (and most damaging) rays of the solar spectrum are *gamma* rays. The next longer and a little less destructive are *x-rays* (carcinogenic), then *ultraviolet* (causes

sunburn, corneal and lens damage, and skin cancer), and then visible light. After that is the *infrared* spectrum, followed by radio waves.

At the far end of the infrared spectrum are the longest and most healing rays, the far infrared (FIR), spanning from 1000 to 4 microns. The majority of rays that are the safest and most vital to health and healing fall between 4-14 microns in the FIR spectrum. They are responsible for photosynthesis, without which there would be no life.

The Far Infrared Sauna uses a patented zirconia ceramic infrared heater, emitting between 2 and 25 microns, with a third of the output in the 2-5.6 micron range (which provides for the deepest penetration of approximately 1.5 inches). Patented in 1965, the FIRS was used extensively in Japan and then extended to North America in 1981. The FIRS is safe, economical to operate, generates lower electro-magnetic fields than conventional saunas, and induces 2-3 times the sweat volume of a conventional sauna (allowing a much more tolerable and safer operating temperature). As a result, the FIRS is the tool of choice in purifying and detoxifying the body.

Who should use a far infrared sauna?

We are continually being bombarded by new chemicals on a daily basis. Toxins are extremely prevalent in the 21st century industrialized world, and complete avoidance is a near impossibility. The body can be easily overwhelmed by this combination of hundreds of toxins that exist in our everyday air, food and water.

For many of these chemicals, the body just does not have the biochemical pathways with which to detoxify them, and as a result they accumulate. These bioaccumulated chemicals slowly leak out and damage tissues, regulatory genetics and other proteins, and in so doing cause what we know as chronic disease. In fact, these chemicals stored in the body are a major cause of all illness, including pain, cancer and accelerated aging.

Fortunately, if these chemicals are removed, many diseases previously labeled as incurable can be eradicated. Chronic pain is merely an overload of undiagnosed toxins, and once the toxins have been sufficiently unloaded from the body, the body becomes healthy enough to once again heal itself.

The FIRS is an essential component in this detoxification process, as it penetrates tissues, detoxifies cells by vibrating ionic bonds, stops swelling, improves lymphatic flow, and improves blood circulation. In addition, the FIRS decreases the size of water clusters (a quantum physics phenomenon), giving them greater mobility and penetration in and out of body tissues – which translates into an increased ability to mobilize toxins.

Additional beneficial properties of the far infrared wavelength include:

- Lowering of lactic acid
- Stimulation of endorphins
- Killing off bacteria and parasites
- Attraction of calcium to cell membranes where it is needed for healing

The far infrared sauna is thus something that everyone living in the modern world should do to restore health, and then continue to do on a less frequent basis to maintain the “cleaned out” state for the rest of their lives. Naturally however, nothing stands alone and a clean diet, environment and soul are of course crucial additional components to the detoxification process.

What about cost?

The cost of installing a home sauna can initially sound prohibitive, as a sauna costs approximately the same amount as a hot tub. However, when you realize the lifelong incapacity and expense of diseases such as chronic pain syndromes, heart disease, chemical sensitivity, chronic fatigue, fibromyalgia, migraines, neuralgia, Alzheimer’s, cancer or others caused by chemical toxicity, a sauna is very inexpensive. Having a home sauna installed is convenient, particularly as daily or every other day saunas are recommended when ridding your body of accumulated stored chemicals which are causing disease. Thereafter twice weekly saunas are recommended for life, as new poisons are always present in our environment and need to be eliminated from the body. Therefore, infrared sauna is something that your family would use for a lifetime, as toxins are always present in our environment and need to be constantly eliminated.

Alternatively, we are currently planning to install an infrared sauna at our clinic, so that our patients may benefit from this treatment without the initial outlay of purchasing a sauna.

Note: It is advisable to check with your health care practitioner before beginning FIRS sessions. He/she will ensure that your detoxification system is ready to handle the onslaught of chemicals that have been silently stored in your body over the years, as well as provide a detailed protocol for sauna detoxification.